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Evidence of child maintenance payments may be required to appear in court on contempt charges, as proof of conformity for any number of government programs or for tax purposes. Although cancelled cheques, cash order receipts or bank statements can be considered evidence of payments, the best evidence can be obtained from the court or state agency charged with monitoring child support accounts. Getting a copy of a record is generally easy and free if you're a payer or payee. Find the appropriate agency that keeps a record of the child's maintenance payments. It can be a place where you actually make your payment or it can be another agency. For example, most alimony payments are now ordered to be paid through the court. A court clerk, attorney general, or state department of family and children (or equivalent) can keep a record of payments. Request a copy of your payment log. If you are a payer or payee, you are entitled to a complete record of the payments made. In some countries or counties, you may be able to access records online through the court's or agency's website. In other countries or counties, you may need to appear in person to request a request. Contact your agency or office by phone if you are unable to access your records online and ask where you can get a copy. Review your payment log after you get it. Check for discrepancies. Most records are kept on your computer and entered by a person. As such, even child maintenance records are subject to human error. In most jurisdictions, an official copy of the records of the record keeping agency is considered evidentiary and admissible in court. Published on 1 January 2021. Chairs and desks are essential parts for most people's working environment, but this comes with a price. Often people experience back pain or neck pain from sitting in front of a computer. And in some extreme cases, people may experience several health problems due to sitting at their chairs all day. This problem has been around for a long time, long before this pandemic began because people's lives involve a lot of sitting. Not only are we sitting at the table, we're sitting on couches to watch TV and more. According to research, we spend an average of 13 hours a day sitting - either in our spare time or for working purposes. No wonder people need to find better solutions to improve posture. One of the best tools created for this is standing desks. New take on something familiar, we'll be going into detail below about the benefits of standing desks that they consider buying.7 Benefits of standing deskWhy you're not too familiar with the standing desk trend, know that you're not alone. Standing desks have only recently come into popularity and not everyone outside is too enthusiastic about them. But me to show you some of the for you to get mad at them and consider getting one.1. You will lose weightGenerally speaking, losing weight requires burning more calories than what you are taking in. You gain weight by taking more calories than you burn. In the case of sitting at your desk, you don't actually burn calories despite your muscles being sore and stiff after a while. On the other hand, even things like standing actually burn calories. Research shows that standing burned over 170 extra calories. In other words, you can burn almost an extra 1,000 calories just by standing at your desk every afternoon while you work. The study also shows that sitting longer is so strongly associated with metabolic diseases and obesity.2. Lower your blood sugarAdd the same line, sitting for a long time can increase blood sugar levels after a meal. This is especially true for those with insulin or type 2 diabetes. Even just standing at a desk after lunch can do a lot of good like some office workers did. Researchers say that standing 180 minutes after lunch reduced the risk of blood sugar jumping by 43% compared to those who sat. This is one of the many advantages of standing desks.3. Lower risk of heart diseaseAs if you have lower blood sugar and burn more calories, in the future you will naturally avoid fewer heart problems. It is generally accepted at this time that the more you sit, the more risk you will have of heart problems.4. Reduce back pain And I wouldn't suggest standing desks if I didn't believe in their benefits, such as helping relieve back pain. But there is scientific research that understates the claim that standing desks reduce back pain. One study found that participants reported 32% low back pain relief after several weeks of using standing desks. The CDC also found that using seating tables reduces upper back and neck pain by 54% after 4 weeks of use. 5. Increase productivity One of the common misconceptions about standing desks is that they interfere with everyday tasks like typing. While we will not agree that standing during work will take some habit, most people have not seen a significant impact on typical work tasks. One study found that using standing desks for 4 hours each day had no effect on typos typed per minute or typing errors. In fact, you may be more productive than before due to standing improvement and mood and energy levels.6. Increase mood and EnergyGoing in more detail with this, research suggests that improving mood and energy levels is due to a reduction in stress and fatigue. One study found that those who used a standing desk reported fewer of those two things. What's even more striking is that when people go back to sitting table, overall mood and energy levels return to their Levels.7. Living longer Now there is a lower risk of many health problems alleviated just by standing more, it makes sense that you will live longer than this total. There are a huge amount of studies showing how dangerous sitting is to our overall health. So standing makes more sense, as shown by the different standing desk benefits I presented here.10 Best Standing DesksAs more studies on the benefits of standing desks, the more attractive they become and the more people want to buy them. Of course, many companies have reached this demand and provide a wide range of options. Below I have selected some of the best standing desks that give you all of the above benefits and offer some other unique aspects.1. The Most Desk Space Standing DeskThis is one of the best sellers nearby and for good reason - standing desk from FEZIBO allows you to pick the benefits of standing desks and offers a few other things to go with it. One of the key aspects of this is the large workspace. It covers a space of 55 x 24 that offers plenty of space while standing. In fact, you can easily fit two desktop monitors on this table if you want! Buy a table here.2. The best adjustable compact tableFor those looking for a compact standing table, the one from seville classics is a good option. Unlike standard standing desks, this is a more standing table on the platform. This is meant to be at the top of the workstation, not on its own. Even with that smaller case, it offers plenty of space - about 30 inches wide and 20 inches deep - and has a keyboard drawer. The other nice thing about this table is that you can effortlessly - and without any noise - turn it into a standing and sitting table. Buy a Seville Classics table here.3. An alternative adjustable compact deskanother compact table alternative similar to Seville Classics is that of ABOX. They have an electric-powered standing table that can be adjusted at various heights. Like Seville, you can use this to sit and stand. What's unique about this is the slightly larger space it provides plus a single-button automatic lift. In addition, the design is lighter and can hold up to 44 pounds. Buy ABOX's standing desk converter here.4. The best High Rise Standing DeskFor those who want an even more unique design, one option is the Victor High Rise Collection. Like the previous two, this requires the support of an existing workstation. However, the big key difference is where everything is positioned. Since this standing desk uses a support column, this is ideal for monitors if you plan to use it to stand. It also offers seating options thanks to additional panels that can be attached to the support column. Some other significant features are easy touch technology, allowing it to convert quickly. It also has the security of protecting you and your desk as the sensor detects objects as it descends into a seated position. Furthermore, since this is a support column, you are allowed to adjust the height freely at any time. Try here.5. Best L-Shaped Electric Standing DeskFEZIBO offers a multitude of quality standing desks, and the second one we wanted to mention was their L-shaped electric standing desk. It is also completely electric, as you can easily adjust it between standing heights and seating heights if necessary. The design also makes it ideal for corner locations or if you want to connect multiple L-shaped tables in a cooperative space. Try this table here.6. Ideal Office Study DeskOne of the advantages of modern standing desks is their adjustable height. With dual engines running together, this standing desk offers smooth and easy adjustment when it comes to height. This is also one of the tighter tables made of heavy steel. It can hold more than 260 pounds and offers the same elevations as many of the standalone tables on this list. Another beautiful feature are 4 preset buttons. This allows you to adjust the height of the table by deudthing it to the memory. Just press M to adjust to the position and set it up. Pick up Ergosott's desk here.7. Ideal Surface TopTypical standing desks often use wood or metal, but you can find a rare standing table that uses bamboo. In the case of Uplift desks, some of the surface peaks are bamboo. Why is it so important? Well for one, bamboo is tougher than most other materials, and at the same time it is environmentally friendly and still has an attractive appearance. It can raise 355 pounds with its 3-stage legs and offers dual monitor space. It even comes with a 10-year all-inclusive guarantee that's coverage as opposed to what other companies usually offer. Get Uplift's bamboo table here.8. An alternative LA-shaped standing table If you're looking for another L-shaped table, the alternative is mr. Ironstone's. A distinct advantage of this standing table is ease of installation and cleaning - easier cleaning is thanks to the surface material that is anti-slip and anti-scratch. Buy Mr. Ironstone's desk here.9. Best Standing Desk FrameS most desks can be easily decomigrated, and another option is simply to change the base of the table. In the case of fezibo frames, this provides the same high quality, but at a lower price due only to obtaining the frame. This frame is made of metal, has 4 lockable funnels and a drawer for cable control and touch control, and has a length of 43.31 to 59.05 - making it compatible with most of the workstation tops you want it to. Buy the frame here.10. Laptop stands still makes standing desks that are suitable for laptops. While it will be inconvenient to get a monitor, a standing laptop table can offer some other unique benefits. First of all, it is a very mobile standing desk, which allows you to move it around the office space with ease. Secondly, since it is designed for laptops, it is lightweight and has a panel that is adjustable for setting up a laptop. In the end, it still offers a decent amount of space for other items - not another desktop, but office supplies, a bottle of water and other items. Buy a standing desk on your laptop here. Bottom LineThere are many advantages to standing desks, and their modern ergonomic designs offer much more than the existing benefits of standing. As you can see, even these tables offer additional amenities that any typical table can offer - and then some. Buy one of the proposed standing desks today and enjoy the benefits of one. Featured Photo Credit: LinkedIn Sales Navigator via unsplash.com unsplash.com

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